

# Primary School Menu Ingredients

## WEEK 3

**CHICKEN MEATBALL'S in TOMATO SAUCE :** Green Gourmet Red Tractor Raw Chicken Meatballs 12g Chicken (70%); Water; Rusk [**WHEAT** flour (with calcium carbonate, iron, niacin and thiamin), salt]; Chicken Fat; Seasoning (potato starch, **WHEAT** starch, salt, spices, onion powder, sugar, yeast extract, spice extracts) Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Garlic Purée Water, Garlic Powder; (22%), Acidity Regulator (Citric Acid). Brakes Basil Dried Basil Tomato Puree Tomatoes. . Onions Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley  
**Allergens: Celery, Cereals, Gluten, Wheat**

**PASTA :** Fusilli Pasta Whole **WHEAT** Flour, Water  
**Allergens: Cereals, Gluten, Wheat**

**GREEN BEANS :** Green Beans

**QUORN HOTDOG :** Quorn Frankfurters Mycoprotein (49%), Rehydrated Free Range **EGG** White, Rapeseed Oil, Pea Protein, Flavourings (contains Smoke Flavouring, Colour: Iron Oxide.) Smoked Water, Gelling Agent: Pectin  
**Allergens: Eggs**

**HOTDOG ROLL :** Brakes Essentials 6.5" Hot Dog Rolls **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids); Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)  
**Allergens: Cereals, Gluten, Wheat**  
**May Contain: Sesame Seeds**

**ROAST CHICKEN in GRAVY :** Green Gourmet Red Tractor Raw Chicken Breast Fillet Portion 50g Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Chicken Flavour Bouillon Paste Potato Starch, Salt, Maltodextrin, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Chicken Fat, Sugar, Yeast Extract, Flavouring, Herbs (Sage, Rosemary), Chicken Powder (Chicken, Antioxidant (Rosemary Extract)), Carrot Powder, Black Pepper, Antioxidant (Rosemary Extract), Colour (Curcumin)  
**May Contain: Celery, Eggs, Milk, Mustard, Soya**

**MACARONI CHEESE (Roux) :** Brakes Italian Short Cut Macaroni Durum **WHEAT** Semolina (100%). Fresh Semi Skimmed Milk Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour (Beta-Carotene), Vitamin D. Cheese Reduced Fat Cheese (**MILK**), Anti-caking Agent (Potato Starch)  
**Allergens: Cereals, Gluten, Milk, Wheat**

**MACARONI CHEESE (Cornflour & Dried Milk) :** Brakes Cornflour Maize Starch. Millac Classic Milk Powder 2kg Skimmed **MILK** Powder (53%), Vegetable Oils (Coconut, Palm), Whey Powder\* (**MILK**), Dried Glucose Syrup, Sugar, **MILK** Protein, Acidity Regulator E340(b) Emulsifier E471, Vitamin D *contains no animal rennet. Cheese Reduced Fat Cheese(Milk\*)*, Anti-caking Agent(Potato Starch). Italian Short Cut Macaroni Durum **WHEAT** Semolina (100%).  
**Allergens: Cereals, Gluten, Milk, Wheat.**

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**BROCCOLI** : Florets Broccoli

**YORKSHIRE PUDDING** : Brakes 3" Fully Baked Yorkshire Puddings Wheat Flour (**WHEAT** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), **EGG** White, Water, **EGG**, Rapeseed Oil, Skimmed **MILK** Powder, Salt

**Allergens: Cereals, Eggs, Gluten, Milk, Wheat**

**STEAK PIE with GRAVY (Filling)** : British Diced Beef Water. Onions. Leeks (100%) carrots Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavours, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Beef Flavour Bouillon Paste Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour(Plain Caramel), Beef Extract, Caramelised Sugar Syrup

**May Contain: Celery, Eggs, Milk, Mustard, Soya**

**PASTRY SQUARE** : Brakes Puff Pastry Squares **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate)

**Allergens: Cereals, Gluten, Wheat**

**POTATO** : Potato

**CARROTS** : Baby Carrots

**TRICOLOUR PASTA** : Italian Tricolour Fusilli Pasta Durum **WHEAT** Semolina (98%), Spinach Powder, Tomato Powder

**Allergens: Cereals, Gluten, Wheat**

**CHERRY TOMATO** : Tomato

**RED PESTO** : Cooks & Co Red Pesto Alla Siciliana Sunflower oil, tomato pulp, sun-dried tomatoes (15%), potato flakes, basil, mixed cheese (**MILK**) (4.5%), tomato paste, onion, salt, yeast extract, sugar, garlic, extra virgin olive oil, acidity regulator: lactic acid. antioxidant: ascorbic acid

**Allergens: Milk**

**May Contain : Tree Nuts**

**SPINACH** : Spinach

**BUBBLE COATED FISH** : Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock 52%(Theragra Chalcogramma) (**FISH**), Coating: rice flour, vegetable fiber (bamboo fiber) , dextrose (maize), rapeseed oil, starch (maize, potato),flour (rice, maize), salt, spices (white pepper, paprika), onion powder, thickener (xanthan gum), water, black pepper extract.

**Allergens: Fish**

**CHIPS** : Oven Chips Potato, Sunflower Oil

**PEAS** : Peas

**COSMO WHOLEMEAL PIZZA** : Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (**WHEAT**) Flour, **WHEAT** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (**MILK**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]

**Allergens: Cereals, Gluten, Milk, Wheat**

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**STRAWBERRY JELLY & MIXED BERRIES** : Brakes Strawberry Flavour Jellies Water, Sugar, Flavouring, Stabilisers(Carrageenan, Locust Bean Gum), Acidity Regulators(Citric Acid, Potassium Citrate), Colour(Beetroot Red). Brakes Raspberries Greens Fresh Frozen Strawberries 1000g Strawberries Greens Blackcurrants Black currants (100%)

**SEASONAL FRUIT SALAD : Mandarin, Peaches, Pineapple** : Brakes Whole Mandarin Segments in Grape Juice Mandarins, Water, Grape Concentrate, Acidity Regulator(Citric Acid). Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid). Brakes 8 Pineapple Slices in Pineapple Juice Pineapple, Pineapple Juice

**PINEAPPLE WEDGES** : Pineapple

**ROWAN GLEN STRAWBERRY YOGHURT** : Rowan Glen Smoothly Low Fat Strawberry Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Strawberry Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Beetroot Juice, Natural Flavouring, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Stabiliser (Locust Bean Gum)

**Allergens: Milk**

**ROWAN GLEN APRICOT YOGHURT** : Rowan Glen Smoothly Low Fat Apricot Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Apricot Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Stabiliser (Locust Bean Gum).

**Allergens : Milk**

**OAT MUFFIN & BANANA CHUNKS** : Sponge Mix **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG** Powder, Whey (**MILK**) Powder (**MILK**), Palm Oil, Dextrose, Raising Agent (E500(ii)), Butter (**MILK**) **MILK** Powder, Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG** White Powder, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471), Whey (**MILK**) Powder (**MILK**), Acid Casein (**MILK**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum) Osprio Flaked Porridge Oats Flaked **OATS** Bananas

**Allergens: Cereals, Eggs, Gluten, Milk, Wheat**

**May Contain: Soya**